

# Special Guidelines for those performing Hajj and Umrah

From the noble utterances of our Shaikh and Mentor, Arif Billah Hazrat-e-Aqdas Maulana Shah Hakeem Muhammad Akhtar Sahab (دامت برکاتہم)

1. One should safe guard one's gaze. In other words do not look at any man or woman with lustful gazes. People from all around the world are present at the Holy Sanctuaries of the **Harmain Sharifain**. Therefore, one should always be alert and on one's guard not to glance at any **ghair-mahram** even from the corner of one's eyes.

While leaving home, one should leave with this firm intension that, "I will not cast evil glances at anyone". Over and over again one should renew this intension in one's heart or else the **Nafs** will involve one in casting evil glances.

2. One should safeguard one's heart. Meaning one should not entertain evil thoughts in the heart. Neither should one derive unlawful pleasure from fantasizing about unlawful beauties. Similarly, one should not recall and reminisce past sins and derive pleasure there from. If, however, evil thoughts do come into the heart and mind then one should remember one important point:

**IF THOUGHTS COME ON THEIR OWN, THEN THERE IS NO SIN IN THIS, HOWEVER, IF ONE INTENTIONALLY FANTACIZES AND BRING EVIL THOUGHT INTO THE HEART THEN THIS IS A SIN. OCCUPYING ONE SELF IN EVIL THOUGHTS AND FANTACIES IS A SIN.**

3. Physically, one should not come close to **ghair-mahram** or handsome **young lads** (such lads who are beardless and one is sexually attracted to them).
4. One should abstain from unnecessary conversation. Bust oneself with useful and beneficial activities such as **Tawaaf, Tilawat, Durood Shareef**. If one feel tired them one should look at the **Ka'aba Shareef**. (This is also an **ibaadat** and means of attaining spiritual reward)
5. One should not debate over controversial issues neither should one get in unnecessary arguments.
6. During **Tawaaf** one should not look at the **Ka'aba Shareef**. When addressing the King, it is disrespectful to stare at him.
7. If one's glances unintentionally falls upon a **ghair-mahram** woman and the heart becomes attracted to her the meditate upon the fact that she is a guest of Allah Ta'ala and due to this she is more worthy of respect then one's own mother. If one's gaze unintentionally falls upon her in **Madina Munawwarah** then meditate that she is the guest of Allah Ta'ala as well as the guest of Rasulullah (ﷺ). Similarly if one's gaze unintentionally falls upon a young lad and the heart become attracted towards him then one should meditate that he is more worthy of respect than even your father. This is because in **Makkah Mukarramah**, those

who are there are the special guests of Allah Ta'ala and in **Madina Munawwarah** they are the special guests of Allah Ta'ala as well as Rasulallah (ﷺ).

8. If one becomes inconvenienced in any way in the **Harmain Shareefain** then one should never complain. Imagine that those are in **Haramain** are princes and royalty. All they have to do is perform one **Tawaaf** and ask for forgiveness from Allah Ta'ala. We are not even equal to the dust which settles upon their feet.
9. If the food is not to one's liking then one should not complain about it. One person had complained saying, "The yogurt of **Madina Munawwarah** is too sour, whereas the yogurt of India is sweet". He saw Rasulallah (ﷺ) in this dream telling him to immediately leave **Madina**. One should perceive everything of **Haramain** with the eye of respect, reverence and love. One should not find faults.
10. One should consider himself a servant and not one who deserves to be served. One should be a means of giving comfort to others and consider serving them one's honor.
11. When the gaze falls upon **Ka'aba Shareef** for the first time, then one should ask Allah Ta'ala to grant you His Sublime being. Ask Allah Ta'ala to grant you Himself. Supplicate Allah Ta'ala saying: "O Allah Ta'ala! I am unworthy and undeserving but You are **Kareem**, You are One who grants even the unworthy".

کوئی تجھ سے کچھ مانگتا ہے  
Some are asking for something and some  
for something else,  
الہی میں تجھ سے طلب گار تیرا  
O Allah! I beg of You to grant me Yourself.

12. If anyone happens to see a dream then one should not mention it to anyone other than one's **Shaikh**. If one's **Shaikh** is not there then one should mention it to a caring friend who has understanding of **Deen**. One should not mention one's dream to just anybody.
13. Those who are performing **Hajj** and **Umrah** should take great care that even one breath should not be taken in the disobedience of Allah Ta'ala.

May Allah Ta'ala grant us all the ability to practice upon the above-mentioned guidelines.

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